



Stony Brook
Medicine

Upper Endoscopy Preparation Instructions

Name: _____

Procedure: Upper Endoscopy

Physician: _____

Location: Stony Brook University Hospital 14N

Date of Procedure: _____

Arrive at: _____

Please note: As a courtesy to other patients and to your doctor, please call as soon as possible at (631) 444-5220 if you are unable to keep your appointment.



AS SOON AS POSSIBLE

1. Make arrangements for a responsible adult to accompany you when leaving the procedure, even if you taking public transportation. **Your procedure may be canceled if we cannot confirm your transportation on the day of the procedure. Taxi and Uber® drivers are not acceptable.**
2. If you take any medications that increase your risk of bleeding, you must ask the prescribing doctor when to stop taking the medication before the procedure. The most common of these medications include but are not limited to:
 - Warfarin (Coumadin®)
 - Clopidogrel (Plavix®)
 - Ticagrelor (Brilinta®)
 - Effient (Prasugrel®)
 - Rivaroxaban (Xarelto®)
 - Apixaban (Eliquis®)
 - Dabigatran (Pradaxa®)
 - Enoxaparin (Lovenox®)

You may continue taking aspirin unless otherwise instructed

3. For patients with diabetes
 - Stop metformin containing medications 24 hours before procedure
 - Hold all non-insulin medications the morning of the procedure
 - Contact your diabetes doctor to help adjust your dose of insulin dose during and after the bowel preparation
 - If you use an insulin pump, a **written letter** from your endocrinologist giving clear instructions on adjustments for basal rate before and during the procedure will be required.
 - If you use oral diabetes medications, do not take these medications on the morning of your procedure
4. If you have a pacemaker or defibrillator, please make sure your doctor is aware and bring the device card with you to your procedure



1 WEEK BEFORE YOUR UPPER ENDOSCOPY

- Call the Admitting Office at (631) 444-1870 and provide your insurance information
- Please contact our office if you need to cancel your procedure

PREPARATION BEFORE YOUR UPPER ENDOSCOPY

- For safety reasons, you cannot have anything to eat or drink after midnight prior to the exam.
- If your exam is scheduled to start after 1PM, you may have small volumes of clear liquids until 7AM
- If you take medications for your heart, blood pressure or asthma, please take them with a sip of water at least 2 hours prior to the procedure. Do not take any oral diabetes medications.
- You must arrive at Stony Brook University Hospital **1 hour** prior to your scheduled procedure start time.
- Park in the main visitor parking garage. Parking validation will be provided for one vehicle. Valet parking **IS NOT** eligible for validation
- Report to Central Registration on hospital level 5 (lobby) to make any needed copayments. They will then send you to the endoscopy unit on 14 North.
- You should expect to be at the hospital for approximately 3 hours from time of registration to discharge from the endoscopy suite